

The Morning Toast is a quarterly newsletter to update Foodbank's *Healthy Food for All*® schools on the latest *School Breakfast Program*, *Food Sensations*® and *Regional Strategy* news and information!

## Superhero Foods: New Year, New Resources!

**NEW HEALTHY EATING & COOKING RESOURCES**

- New Healthy Recipes for All - best of recipe booklet
- New knife safety and hand washing posters
- 4 x new breakfast placemat designs

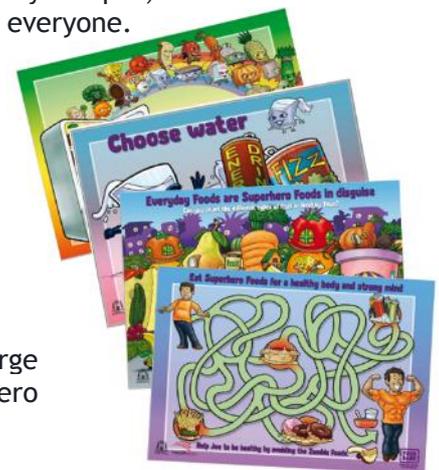
To download or order your resources go to [superherofoodshq.org.au](http://superherofoodshq.org.au)

**FOOD BANK**  
FIGHTING HUNGER  
IN AUSTRALIA

Foodbank's *Healthy Food for All*® team have been busy over the New Year developing a range of new Superhero Food resources! Available online now at [www.superherofoodshq.org.au](http://www.superherofoodshq.org.au), new resources include the arrival of the new placemats, posters and recipe booklet - perfect to incorporate into your schools breakfast club or to use in the classroom.

Our new edition placemats are a fun and colourful addition to any breakfast club. They are a great way to encourage healthy eating and include fun games for kids of all ages. Plus, being made of durable plastic means that they are easy to clean!

The new "Best of" recipe booklet showcases the most popular recipes from all of our past recipe booklets. These recipes are great to use at school in the classroom or breakfast club, or at home to encourage student to prepare healthy, delicious, homemade meals. With 12 delicious healthy recipes, there is sure to be something for everyone.



School Breakfast Program schools can download or order resources free of charge (limits apply). Visit [www.superherofoodshq.org.au](http://www.superherofoodshq.org.au) to incorporate the Superhero Foods into your breakfast club and classroom today!

### School Breakfast Program - 2016 Counter (January to December 2016)

Total Schools: 449

# Breakfasts/week: 57,045

# Children involved: 18, 272

# Emergency meals/week: 22,667

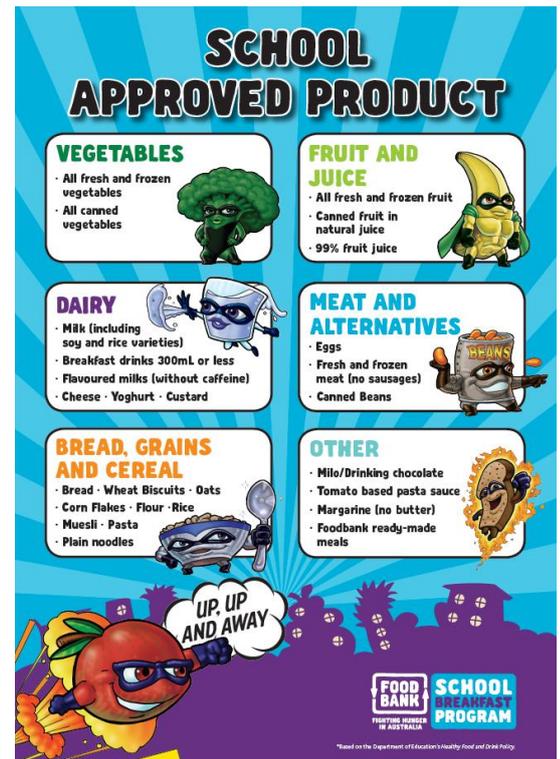
## Purchase of 'Foodbank Product' by SBP Schools

The purpose of Foodbank's *School Breakfast Program* is to ensure that students have access to healthy and nutritious food prior to, and during, the school day. Schools are also permitted, when visiting a Foodbank branch, to purchase products from general Foodbank stocks to supplement their SBP activities or to support classroom nutrition and cooking activities. Only products that comply with the Department of Education's *Healthy Food & Drink Policy* are available for purchase by schools.

Foodbank WA's new "School Approved Product" poster assists schools in making 'healthy choices' when purchasing extra food items from Foodbank. Based on the *Healthy Food and Drink Policy*, the poster lists a range of product types permitted for purchase. As a result of positive feedback from schools accessing Foodbank's Perth branch, the poster has now been rolled out to all Foodbank branches state-wide. A fact sheet (containing a copy of the poster) will be emailed to all schools following submission of their 2017 registration.

A whole school approach to healthy eating plays an important role in the physical, mental and emotional wellbeing of students. As well as SBP supplies obtained from Foodbank, we encourage schools to make 'healthy choices' when sourcing other SBP supplies, such as those donated or purchased from supermarkets.

If you have any questions about the School Approved Product poster, please contact Miranda Chester (SBP Coordinator) via [miranda.chester@foodbankwa.org.au](mailto:miranda.chester@foodbankwa.org.au) or Claire Celenza (Public Health Nutritionist) via email [claire.celenza@foodbankwa.org.au](mailto:claire.celenza@foodbankwa.org.au).



### Staff Changes

The *Healthy Food for All*® team farewelled Emily at the end of February. Emily worked with Louise to deliver regional *Food Sensations*® in Schools. Emily's contributions to the program and the *Healthy Food for All* team have been invaluable. She will be sorely missed by all at Foodbank WA, and we wish her all the best as she heads back to university to gain her Diploma of Education. We are pleased to welcome Amber Rose to the team, who will be ably assisting Louise in the delivery of *Food Sensations* to regional schools.

The Food Sensations for Adults are excited to welcome Catherine Dumont to their team! Catherine is a dietitian based at the new Foodbank Geraldton branch and will deliver *Food Sensations* sessions to the Geraldton community. Our Geraldton schools are sure to meet Catherine at some point, so please make her feel welcome.

We're glad to have you on board Amber and Catherine!

### Perth Branch Schools: Online Ordering on the Way!

We are excited to announce the launch of online SBP product ordering for schools that visit Foodbank's Perth branch! This new system, which replaces the current 'fax form' method, is being pilot-tested by a handful of schools with roll-out to all Perth branch schools planned for the start of Term 2. Feedback from our pilot schools suggests that the new system is quick and convenient to use, and that the 'order confirmation' email provides peace of mind that the order has been lodged successfully.

Information about the new system, including log-in information and a user guide, will be circulated to all Perth branch schools at the end of Term 1. For more information about *School Breakfast Program* online ordering, please contact Miranda Chester on 9463 3213 or email [miranda.chester@foodbankwa.org.au](mailto:miranda.chester@foodbankwa.org.au).

### Food Sensations® in Schools - 2016 Counter (January to December 2016)

# Schools: 86

# Sessions: 240

# Students: 4,435

## School Food Appeal

It's that time of year again when Foodbank calls on all schools to host a food drive to kick start our winter food collection. Sadly winter is one of the busiest times of year for Foodbank with hunger relief being in high demand. By running a food drive at your school you will help make a BIG difference to the lives of many over the colder months. Last year, schools collected the equivalent of 13,000 meals - How many meals can you help us collect this year?

The 2017 School Food Appeal will take place from Monday 29 May to Friday 16 June 2017. Every school goes in the running to win the almighty trophies for collecting the highest volume per student and the highest volume collected overall (based on weight of product collected).

To register your school's interest, please contact Bec Thomas (Foodbank WA's Community Fundraising and Events Officer) on 9463 3239 or via email [bec.thomas@foodbankwa.org.au](mailto:bec.thomas@foodbankwa.org.au).



*Together we can fight hunger in our community!*

## Food Sensations for Adults

*Food Sensations* for Adults is a **FREE** nutrition and cooking program designed to give adults a good understanding of healthy eating as well as skills in how to purchase and prepare healthy foods. The nutrition education and cooking workshops are designed to provide an enjoyable hands-on learning experience.

Places are now available for the following programs. Please note that participants must attend all 4 sessions to complete the program. Register now to secure your place, online at [www.foodbankwa.org.au/food-sensations-for-adults/](http://www.foodbankwa.org.au/food-sensations-for-adults/) or contact the team on 9463 3231.



Location: Foodbank WA, 23 Abbott Road, Perth Airport		Day: Fridays	
	Topic	Dates	Time
Session 1	Healthy eating and cooking	5 <sup>th</sup> May	11:00am - 1:30pm
Session 2	Label reading, food selection and cooking	12 <sup>th</sup> May	11:00am - 1:30pm
Session 3	Meal planning, budgeting and cooking	19 <sup>th</sup> May	11:00am - 1:30pm
Session 4	Optional Module	26 <sup>th</sup> May	11:00am - 1:30pm

Location: Pearsall Hocking Community Centre, Pearsall		Day: Thursdays	
	Topic	Dates	Time
Session 1	Healthy eating and cooking	1 <sup>st</sup> June	10:30am - 1:00pm
Session 2	Label reading, food selection and cooking	8 <sup>th</sup> June	10:30am - 1:00pm
Session 3	Meal planning, budgeting and cooking	15 <sup>th</sup> June	10:30am - 1:00pm
Session 4	Optional Module	22 <sup>nd</sup> June	10:30am - 1:00pm

### Foodbank Regional Visits - 2016 Counter (January to December 2016)

Regions Visited: Gascoyne, Goldfields, Kimberley, Midwest, Pilbara, Southwest, Wheatbelt  
 Towns/Communities Visited: 29      FS® School Sessions: 148(2,399 students)  
 Number of Schools Visited: 38      Distance travelled: Over 44,000km

## Healthy Food for All® Supporter Hall of Fame!

### BHP Billiton

BHP Billiton have partnered with Foodbank WA since 2011 supporting the delivery of *School Breakfast Program* and *Food Sensations* in the Pilbara region. Undoubtedly 2016 has been a standout year for the partnership with many highlights: 10 fantastic trips packed with lots of activities in Pilbara towns and remote communities, the EON Interschool Cooking Competition and the introduction of two new food literacy programs among many others.



The regionally modified Fuel Your Future is now established and has been a great success working with youth in Pilbara schools and youth centres. Food Sensations for Parents of 0 - 5 year olds has also been developed and has demonstrated its impact to empower parents attending playgroups and early childhood centres to make healthier food choices for their families. BHP Billiton have been a generous supporter of Foodbank WA and we are looking forward to another year in partnership together.

### Parmalat

Parmalat's latest donation of 100% unsweetened UHT orange juice is great news for Foodbank's remote *School Breakfast Program* schools! Over 150 schools in regional WA are located far beyond Foodbank's branch network, meaning it is not possible to supply them with fresh fruit and vegetables through the Program. In many cases, UHT juice is the only access that these children have to essential vitamins and nutrients - usually derived from fresh fruits and vegetables - necessary to support healthy growth and development. Between 2011 and 2016, Parmalat has donated a whopping 201,600 litres of UHT juice to support these remote *School Breakfast Program* schools, and has pledged to donate yet another 45,000 litres during 2017. Thank you Parmalat!



### Questions? Contact Foodbank!

PERTH CENTRE FOR HUNGER RELIEF		ALBANY	
<p><i>School Breakfast Program</i> Coordinator: Miranda Chester</p> <p>☺ 23 Abbott Road, Perth Airport 6105</p> <p>☎ 9463 3213 (SBP Direct)</p> <p>☎ 9258 5177</p> <p>☺ Mon-Wed: 9am - 3pm</p> <p>☺ Thurs: *7.30am - 3pm (*during school term only)</p> <p>☺ Fri: 9am - 3pm</p> <p>🌐 <a href="http://www.healthyfoodforall.com.au">www.healthyfoodforall.com.au</a></p> <p>✉ <a href="mailto:info@healthyfoodforall.com.au">info@healthyfoodforall.com.au</a></p>		<p>Manager: Rod Pfeiffer</p> <p>☺ Unit 2a 5-7 Cockburn Rd Mira Mar Albany WA 6330</p> <p>☎ 9842 6645</p> <p>☺ Mon to Thurs 9am - 3pm</p> <p>☺ Friday 9am - 1pm</p>	
GERALDTON	BUNBURY	KALGOORLIE-BOULDER	PEEL
<p>Manager: Pat Hodges</p> <p>☺ 31 Webberton Road Geraldton WA 6530</p> <p>☎ 9964 8011</p> <p>☎ 9964 8022</p> <p>☺ Mon to Fri 7.30am - 2pm</p>	<p>Manager: Carol Hearn</p> <p>☺ 5 Clifford St Bunbury WA 6230</p> <p>☎ 9726 2362</p> <p>☎ 9726 2363</p> <p>☺ Mon to Thurs 9am - 3pm</p>	<p>Manager: Sandy Lee King</p> <p>☺ 175 Forrest Street Boulder WA 6430</p> <p>☎ 9093 0284</p> <p>☎ 9093 0284</p> <p>☺ Tues to Fri 9.30am - 2.30pm</p>	<p>Manager: Megan Reynolds</p> <p>☺ Unit 1, 68 Reserve Drive Mandurah WA 6210</p> <p>☎ 9581 9200</p> <p>☎ 9581 9211</p> <p>☺ Mon to Fri 9am - 3pm</p>

Foodbank's *Healthy Food for All*® team would like to acknowledge the following supporters:

Proudly Supported by:



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ROYALTIES FOR REGIONS

